

# Washington Massage

# NEWS



Wash. Chapter, American Association Masseurs & Masseuses

John Murray, Editor

May Issue

Port Townsend, Washington

Page 1

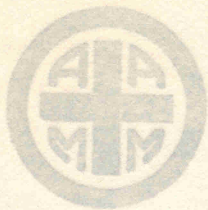
On Sunday, April 3, the meeting of Massage Therapists and Department of Licenses officials took place in Seattle as previously arranged by Arthur Dunbar. My thanks to those who made the meeting possible and those who attended. The meeting was well attended, constructive and harmonious, and took us a considerable distance forward along the rocky road of progress. The Dept. of Licenses now has a better understanding of our work and we understand the Dept. officials better. No progress can come in any other way. John Murray, Pauline Chamberlain and perhaps others, took notes during the meeting and therefore I shall let them give you a detailed account of what was discussed and what progress was made, if any.

On May 1st, which is the first Sunday in May, the executive board of Wash. Chapter will meet in Moses Lake at Elmer's Cafe at about noon. Ruth Williams will notify the officers and directors. The board members will discuss and dispose of certain business matters. Their decisions and recommendations will be reported to the Wash. Chapter convention in early June, which will also be held in a room at Elmer's Cafe. We hope to see all of you then, and hear your decisions on important matters that concern all of us.

As you know, it is the ambitions of the various state chapters and the National AMTA to have massage therapy laws enacted in every state. There are certain advantages in becoming licensed under a good law. Those who use massage as a "front" for other activities and those who cannot give proof of proper training in Massage Therapy would be denied a license to practice. There are also certain disadvantages in case the law should restrict us too severely. At our April 3 meeting, the License Dept. officials again urged us to make another attempt to have a bill enacted into law. Tom Carter, head of the Professional division, offered his help in drafting a satisfactory bill. Mr. Carter's help and influence could be very valuable. This matter will probably be discussed at our board meeting and referred to our state convention in June. Your opinion and your vote are needed on this very important question.

There is one subject on which we can all agree. We must not permit anyone to have laws enacted which will cripple or possibly eliminate Massage Therapy. In order to prevent such a calamity, we must have a sufficient number of friends in the state Legislature at all times. In order to have friends, we must prove that we appreciate their friendships. That is the purpose in having a legislative fund in our state chapter. This fund can be maintained at a safe level only when our membership is large enough, and when sufficient dues are being paid to our Secretary-treasurer. The Legislative fund is dangerously low at the present time in spite of very careful handling by our Legislative committee. The state chapter desperately needs a larger membership. Some of us have made extra contributions to this fund, but that is not the answer to the problem.





Wash. Chapter, American Association of Massage Therapists

# NEWS

Washington  
Massage

John Murray, Editor

May Issue

Port Townsend, Washington

Page 2

It is impossible for one or two members to leave their work and travel around the state to sign up new members and reinstate former members. Each one of us must assume his or her share of responsibility. Send names and addresses to Ruth Williams RMT, Atomic Health Center, 26 E. 3rd Ave., Kennewick, Washington. She can then send application blanks and information about the amount of dues. The amount decreases as the fiscal year progresses, for new applicants.

This embarrassing question is often asked: How many members does your state organization have? This question was again asked us in Seattle by Tom Carter. He received an evasive answer, as many others have. It has been stated and often repeated, that in numbers there is strength. If this is truth, then where is our strength: Have we wasted our strength in petty quarrels with each other. Have some sacrificed their membership to save a few dollars in dues. Have Massage Therapists sacrificed their future security?

Fraternally,

Pete I. Eitrein, RMT  
Wash. Chapter President

## Report of Meeting with Washington State License Board.

The membership of Washington State Chapter of Massage Therapists met with Director Tom Carter and Inspector of licenses, Sig Noren of the Washington State License Department on Sunday, April 3, at 2 P. M. in the consultation room of the Medical Arts Bldg., Seattle, Wash.

The meeting was called to order promptly at 2P. M. by Seattle local president Arthur Dunbar. He gave a few brief remarks on the difficulty of setting a date for this meeting that would accomodate the state officers as well as the membership. President Dunbar then called upon the members to rise and introduce themselves and state where they were from. There was a fine representation from all over the state. Many members meeting for the first time, even though they may have been a member of the association many years.

President Dunbar then called upon State President Pete Eitrein, to take charge of the meeting. State president Eitrein spoke briefly on the purpose of this meeting between the state officers and the massage therapists that they could come to know and understand each others problems better. Tom Carter, director of licenses, was given the floor. He outlined the problems that came to their department, how they were handled, etc. The subject of hydro-therapy was discussed at length, in its various forms and was given the green light for all using any form of hydro-therapy.

Colon therapy as related to hydro-therapy, and part of physical therapy was next to be discussed. Mr. Tom Carter stated frankly that he was not familiar with



colon therapy techniques, was under the impression that the water was pumped into the colon and pumped out under pressure. Several colon therapists explained their techniques to his entire satisfaction, so a favorable conclusion was obtained.

Electro-therapy was discussed at length with the conclusion that Infra-red ray lamps, electric vibrators were permissible to the massage therapist. Short wave diathermia, ultra sound and synwave were ruled out to the massage therapist as belonging in the Registered Physical therapists field, at the present time.

Spinal manipulative techniques were next and last to come to the floor was that Mr. Carter and Mr. Noren stated it was difficult to define, just where the difference would be between massage techniques of spinal manipulation and other techniques. So in fairness to all employ a good spinal massage technique, and refer to it as massage manipulation, muscle stretching, spinal relaxing or any term that applies to massage therapy, but refrain from such words as adjustments, spinal lesions, or vertebrae out of place. Go ahead and do your best therapy and say nothing.

In conclusion, the state officers advised that we should have a state licensing bill, that they would help draft such a bill and make it as short and simple as possible. The main object would be to obtain a license from which the state would be glad to have the revenue and we would have that protection. Then each year we could try and add a little more to our field of operation. They promised their help and support. The meeting was successful in that we made friends in the department and gained a better understanding of all problems. They told us that massage was one of the greatest of theapys and they were all for us, with good massage technique, we need very little of the other therapies.

### Fluoridation of Water.

Studies were made with the X-Ray of the bones of people living in Bartlett, Texas where the water naturally contains eight parts per million of fluorine with people from Cameron, Texas, where the water supply contains 0.4 parts per million. Many American communities have long used water supplies ranging from one to 6 parts per million of fluorine. The investigation proved that even such a large amount as 8 parts per million does not damage the bones, does not increase the likelihood of fracture or of arthritis or stiffening of the spine, and does not delay the healing of broken bones. Comparative studies have proved that fluoridation of water definitely lessens decay of the teeth, X-ray studies showed that fluoridation of water tends to have a beneficial effect on adult bone by delaying the thinning, called osteoporosis that occurs in the aged.



Expert Opinions

A group of "Sidewalk Engineers" was watching a new building go up recently in Seattle, one "expert" fresh from a local bar was entertaining the others with his comments on the construction machinery being used, when a buxom beauty in a tight, knit dress ambled by.

For a moment there was an appreciative silence while all eyes turned from one type of construction to the other, then the voice of the "expert" was clearly heard. "It'll never work, fellows. Too many moving parts."

"Thinking Out Loud."  
To take a great weight off your mind, try discarding your halo.

A man never loses anything by politeness and a great many men never intend to.

If you keep your mouth shut long enough, somebody is bound to suspect that you have more than the usual amount of common sense.

No matter how carefully we fashion the fabric of peace, there always seems to be scraps left over.

The Eitrem technique of Spinal Manipulation

About seven years ago I had a fall, sitting down quite hard on the end of my spine. Dislocating the coccyx and doing considerable damage to the sacro-lumbar area.

I went to John Murray's office here in Port Townsend where I received some relief. I continued taking hydro-therapy in the form of whirlpool, vapor cabinet, rock steamroom, massage and osteopathic manipulation once a week from Mr. Murray. Over these past years, I got much benefit from the above therapy, but there still remained a constant pain from mild to occasionally quite severe. Mr. Murray tried everything he knew in manipulation therapy to give me lasting relief. Feeling that surely something could be done, he advised me on the best osteopathic chiropractors, manipulators in Seattle. I took therapy from them, all failed to bring the desired relief. In fact, Mr. Murray did more for me than the big



On October 6, 1911, a United Airlines plane crashed into the top of Medicine Bow Mountain in Wyoming, and sixty-five people lost their lives. The plane was flying at 15,000 feet. Had the pilot been 25 feet higher, the plane would have cleared the top of the mountain, and the sixty-five lives would have been saved. What a difference just a few extra feet would have made to that pilot and his passengers.

John Murray, Editor May Issue Port Townsend, Washington  
 Page 5

names in the drug<sup>less</sup> profession.

Last November, Mr. Murray went to Spokane to observe Pete Eitrein in his spinal techniques, when he returned he began experimenting with this new technique, and I was his first guinea pig. I just want to say that the results were amazing. By the time I had the second treatment I was free from pain for the first time in seven years and it has continued to stay that way now for the past few months. If I had known that I could have obtained such relief I would gladly have gone clear to Spokane, to Pete Eitrein. I am so enthusiastic about his technique, known as the "Melquist Method" that I would like the name changed to "The Eitrein Method". It is my intention to do some training with Pete Eitrein that I may be able to pass on the benefit I have had, to others who may be suffering as I was.

Mr. Murray feels that he has not had enough experience with this method to be qualified to teach it at this time.

Sincerely,

Blossom Guntley, R.M.T.

This letter received from member, George H. Stevens, Port Angeles, and "Bill" is our member, W.W. Perkins R.M.T. We all wish you speedy recovery, Bill.

Dear John,

Thank you so much for your very informative letter. It was good to learn just how we stand with the License Dept.

It seems to me that the Department is quite fair in their attitude toward our work, knowing that they must adhere to the law in order to protect those who are licensed. Perhaps someday we'll appreciate their protection of our license (assuming that we will gain this end in the near future).

Sorry I wasn't able to meet with you last Thursday but I will endeavor to do so soon and will let you know in advance when I can come down. Bill would like to come along but he's still pretty miserable with the "Flu" and too, sometime soon he is to have a major operation.

Thanks again, John.

With kindest regards, I am

Sincerely,

George.



On October 6, 1957, a United Airlines plane crashed into the top of Medicine Bow Mountain in Wyoming, and sixty-five people lost their lives. The plane was flying at 12,000 feet. Had the pilot been 55 feet higher, the plane would have cleared the top of the mountain, and the sixty-five lives would have been saved. What a difference just a few extra feet would have made to that pilot and his passengers,

Very often, we see two people with approximately the same training and ability in their chosen field, yet one becomes outstanding and the other is just mediocre or perhaps fails altogether. What makes the difference?

Too many people do just enough to get by, they barely clear the mountain top. They make no more effort than they absolutely have to. Sometimes just a little more effort and energy makes the difference between being just another mason, or an outstanding individual with a moving spirit in the community.

The outstanding individual remembers that he is dealing with human beings, creatures of feeling and emotion, and problems--not just machines made up of muscle and bone. He tries to understand them to be friendly, sympathetic and tolerant.

The outstanding individual is genuinely interested in people, and what he can do for them, not just what he can get out of them. He is thoughtful and a good listener--sometimes all a person needs is to pour out his pent-up feelings to get rid of headaches, and tensions.

We should strive to be "like the shadow of a great rock in a weary land" a source of spiritual strength to those with whom we come in contact. we should strive to lift people up, to encourage, to set an example that will be an inspiration to others. In order to do this, we must be true to the highest and best that is within us. We should remember that we are like magnets--like attracts like, and we receive in accordance with what we give.

"To thine ownself be true, and it must follow as the night the day, thou canst not then be false to any man." As the Savior taught, we must go the extra mile. It will mean the difference between mediocrity and outstanding achievement.

It seems to me that the Department is quite fair in their attitude toward our work, knowing that the law is to the law in order to protect those who are honest and to the law in order to protect those who are dishonest. (assuming that we will win this end in the near future).

Sorry I wasn't able to meet with you last Thursday but I will endeavor to do so soon and will let you know in advance when I can come down. Bill would like to come along but he's still pretty miserable with the "flu" and too, sometimes soon he is to have a major operation. Thanks again, John.

With kindest regards, I am

Sincerely,

George.